PROGRAMS

1984
The News Virginian

Workshop Set On Unique New Teaching Tool

ADIAL (Special) — A classroom full of relaxed, attentive, cooperative students interested in learning — that's the dream of most teachers.

That dream may be closer to reality thanks to a new method for focusing attention in the classroom setting.

The method has been developed by Robert Monroe, founder of the Monroe Institute of Applied Sciences in Nelson County, and Devon Edrington, a philosophy professor at Tacoma Community College in Washington State.

This unique teaching tool couples Monroe's patented pattern of sound signals called "Hemi-Sync," short for Hemispheric Synchronization, with neoclassical music.

The enhanced music is designed to be played during a class, and early studies have shown remarkable success.

A workshop for teachers and therapists on how to use this teaching tool will be held at Monroe Institute Aug. 11.

Edrington believes that wandering attention is the bane of education, and that good attention should be established early.

Based on preliminary studies in his classes at Tacoma Community College, Edrington introduced the technique to the Tacoma public school system's elementary classrooms.

JoDee Owens, a first grade teacher in Tacoma, used the method in her class from the first day of school, and in only four weeks her students were performing at a level not ordinarily achieved until the end of the school year.

The Aug. 11 workshop at Monroe Institute begins at 8:30 a.m. Registration is $15, which includes lunch.

For more information, call Jean Wallis at (804) 361-1252.

1986
The Boston Phoenix

THE MONROE INSTITUTE'S

GATEWAY VOYAGE PROGRAM

"The Gateway Program has opened up my life! It started me on a wonderful trip 'out of my box' and into freedom and growth!"

David Stanley, M.D.

SPEND A WEEK WITH US ON A JOURNEY OF DISCOVERY . . .

The Gateway Voyage Program was designed by Robert Monroe, author of **JOURNEYS OUT OF THE BODY** and **FAR JOURNEYS**. At The Monroe Institute, he has developed an audio technology that enhances your ability to achieve different levels of consciousness. Using this technology, the Gateway Program provides a carefully designed series of tapes and related exercises to lead you gradually into deeper states of awareness.

In a comfortable, supportive environment, you will utilize these deeply relaxed states for practical purposes in your daily life.

- *Learn to relax your body deeply, while remaining mentally focused and alert.*
- *Tap into your own inner knowledge and wisdom for problem solving.*
- *Gently release old, unwanted fears and emotions, and reclaim their energy.*
- *Gain useful tools for accelerated personal growth.*
- *Set the patterns you desire in your future.*

The Gateway Voyage Program will be offered at Rolling Ridge Conference Center in No. Andover, MA on November 2-7. Price, including room and board, is $995. To request an application, please contact: THE GATEWAY VOYAGE NETWORK • Rt. 1, Box 175T • Faber, VA 22938 • (804) 361-1127.

Jan 18-23
SKY HI RANCH
Southern Cal.
Feb. 1-6
WINTER PARK,FLA.
April 5-10
KIRKRIDGE,POCONOS

ALSO - WEEKEND PROGRAMS AVAILABLE CALL

804-361-1127

For Details

1987
Metapsychology

EXPLORE GATEWAYS INTO HIGHER CONSCIOUSNESS with

THE GATEWAY EXPERIENCE

Learn and experience expanded awareness. Transform your present state into one of deep relaxation and enter into the thresholds of consciousness.

Robert Monroe, author of the world-wide best seller *Journeys Out of the Body* and his sequel *Far Journeys*, founded The Monroe Institute which is dedicated to the exploration and development of human consciousness.

Among the achievements of the Institute's 14 years of research and development is the Gateway Experience. The Gateway Experience is designed to aid you in the enhancement of your consciousness so that you may

- know and understand your higher self
- learn and experience profound areas of expanded awareness
- achieve and willfully control your physical body and the out-of-body state
- design your future

IN-HOME TRAINING

The Gateway Experience is a one year in-home system of training based on the highly successful Gateway Voyage Program held at The Monroe Institute's Center in Virginia. This system utilizes a patented audio pulsing pattern that synchronizes your brain hemispheres through the new age technology of Hemi-Sync™. The resultant coherent brain state offers you new potentials in thought and action. The Gateway Experience is comprised of six Waves of Change. Each Wave consists of an album containing six exercises on stereo cassettes, plus a bonus tape. As the effects are cumulative, one album is sent every two months so that you may master each set of exercises before progressing to the next. You may enroll by the year, by the Wave (album), or by the month.

OPPORTUNITIES

Enrollment in the Gateway Experience makes you an Associate Member of The Monroe Institute, and eligible to order a variety of tapes at a member discount. You also receive periodic bulletins and newsletters published by The Monroe Institute. Gateway Experience participants who enroll for the entire year will also receive a $100 scholarship toward the Gateway Voyage Program.

RIDING THE WAVES

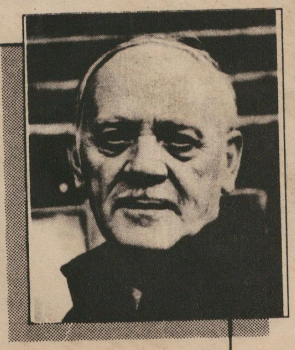
Wave I	Discovery
Wave II	Threshold
Wave III	Freedom
Wave IV	Adventure
Wave V	Exploring
Wave VI	Prospecting

Cost: $365 per year
$ 69 per Wave (album)
$ 25 per month (two tapes a month)

To order write or call: The Monroe Institute
Route 1, Box 175
Faber, Virginia 22938
(804) 361-1500

WAVES OF CHANGE

What can you expect from the Gateway Experience? As much or as little as you put into it. The exercises provide you with a set of tools—how you use them and what you do with them is your responsibility. Some discover themselves for the first time, and thus live more completely, more constructively. Others reach levels of awareness so profound that only one such experience is enough for a lifetime. Still others become seekers-after-truth and add an ongoing adventure to their daily activity. There is only one basis—that you seriously consider the Gateway Affirmation at the least as a possibility: that you **are** *more than your physical body, that you can and do exist in energy systems that are not limited to time-space, that you can and do communicate with intelligence beyond your physical consciousness—call it what you will.*



Robert A. Monroe
Executive Director, The Monroe Institute

1992
The Georgetowner

POSITIVE IMMUNITY PILOT PROGRAM: HEMI-SYNC AND AIDS

James Greene, CEO of Flashback Enterprises and educator, has twenty years of experience in the hair industry—product and distribution, advanced cosmetology instruction, and photostyling and fashion. His thirteen-year association with TMI began with the M-5000 Club. In addition to the Positive Immunity pilot program presented here, he is presently developing a program of Hemi-Sync for cosmetology schools.

On December 17, 1987, *USA Today* published a report on a study conducted by Mark Rider, a music therapist from Southern Methodist University, and Dr. Jeanne Acterberg of the University of Texas Health Science Center on the effects of creative visualization. A group of thirty volunteers listened periodically to a twenty-minute tape containing a relaxation message followed by music. They were asked to visualize specific types of blood cells being released in their bodies while listening to the tapes.

After six weeks, blood tests showed the only cell count that increased was the one they had visualized. While reading this report, it occurred to me that the combination of creative visualization and Hemi-Sync could aid in T-cell production for people who are infected with the human immunodeficiency virus (HIV).

I discussed with The Monroe Institute the possibility of creating a program which would be geared primarily to people diagnosed HIV-positive (the precursor to AIDS). With the Institute's support, and about two years of planning, the Positive Immunity (PI) pilot program was completed in the fall of 1989. The potential health benefits are extraordinary.

During the last ten years, while medical researchers have focused on developing an HIV-positive vaccine, not enough was being done on the psychological level. Instead of telling people to prepare themselves to die, rather, it seems appropriate to facilitate a positive attitude toward living. This new way of thinking can lead to a more productive and rewarding life, and possibly eliminate the virus.

PI is not restricted to HIV-positive persons. Indeed, the workshop can help those who are living with, or involved with, those who have tested positive or who have full-blown AIDS.

With a goal of tapping inner guidance and healing or strengthening the immune system, the program was developed to meet the mental, emotional, physical, sleep, and total self needs of the individual. Input from Bob Monroe about specific tapes helped us select the first seven tapes from the *GATEWAY EXPERIENCE* series: *Orientation* (Focus 3), *Introduction to Focus 10, Advanced Focus 10, Release and Recharge, Energy Bar Tool, Introduction to Living Body Map* and *Free Flow Focus 12.* Copies of the Focus 12 Immunizing script, custom-written in 1990 by Robert Rosenthal, MD, are given to the participants. This guided imagery journey through the body's cells is specifically designed to help increase the body's T-4, or helper, cells which are instrumental to the immune system's functioning.

Participation in PI has been limited to ten people per workshop and begins with an evening orientation and two tapes. The next day includes the remaining five tapes and discussion. A full two-day program is desirable when possible. Once the group has completed the first seven tapes, I recommend using *H-PLUS* tapes on an as-needed basis. (A weekly or semimonthly support group to introduce each tape was difficult to maintain, but the potential value and benefits of this type of group support are obvious.) The *H-PLUS* tapes include: *Relax, Let Go, Restorative Sleep, Regenerate, Contemplation, Immunizing, Sweet Dreams, De-Discomfort, Circulation,* and *Eight-Great.*

Bob Monroe's assistance in selection again proved to be extremely helpful. Numerous tapes in the *H-PLUS* catalog are useful because people who contract the virus may develop problems to which they are genetically predisposed. They can then structure a more individualized program for themselves.

The feedback on PI has been essentially upbeat. Some participants do not use the tapes after the workshop nor do they use Hemi-Sync tools. However, those who do experience very encouraging results. To our knowledge, the T-cells of at least three participants have increased. Reaching HIV-positive persons before their T-cell counts plunge to a low level, and before they develop opportunistic infections, seems to increase the chances of maintaining the integrity of the immune system and perhaps strengthening it.

The most difficult problem I have is determining exactly how beneficial the tapes are. A diagnosis of HIV-positive is almost always a life-and-death issue, making it virtually impossible to develop the participant's confidence to the

(Continued Next Page)

Reprinted in (Hemi-Sync® Journal, Vol. IX, No 4, Fall 1991) James Greene, CEO of Flashback